

## STAFF

**Dana Stewart**

Manager  
444-7884  
dana.stewart@hooveralabama.gov

**Tracy Vinzant**

Assistant Manager  
739-6767  
tracy.vinzant@hooveralabama.gov

**Kimberly Wedgeworth**

Administrative Assistant  
444-7713  
kimberly.wedgeworth@hooveralabama.gov

**Abi Willis**

Recreation Assistant, Sr.  
739-6713  
abigail.willis@hooveralabama.gov

**Scott Gloor**

Recreation Assistant, Sr.  
739-6700  
scott.gloor@hooveralabama.gov

## HOURS OF OPERATION

Monday - Friday  
8:00 am - 4:00 pm

## MEMBERSHIP FEES

Hoover Residents  
55+ -- \$10 annually  
(For further pricing  
information, please call)

Accredited by   
National Institute of  
Senior Centers

## The Old Fashioned Rhythm Method Tuesday, February 26 11:00AM Luncheon... *at the Hoover Senior Center*



In 2011 Chuck King and Tom Dameron joined with Jason Bailey to form The Old Fashioned Rhythm Method, a unique musical trio made up of trumpet, tuba and tenor banjo. The group enjoys experimenting with different styles of music ranging from Traditional New Orleans Jazz, Blues, and The Beatles to tunes from the 1920s.

The three members are unique in their own right. Chuck King is a music teacher, professional photographer and incredible trumpet player and vocalist. Tom Dameron is a professional artist, retired hospital pharmacist and tuba player. Jason Bailey is a professional mandolinist, composer, teacher and studio musician who is active in a number of performing groups in Birmingham and is considered one of the best innovators of the acoustic music scene.

Come enjoy the sounds of Mardi Gras with the Old Fashioned Rhythm Method at the Hoover Senior Center!

## MENU

Creole chicken

Red beans & rice

Garden salad w/  
dressing

Seasoned yeast roll

Chocolate fudge  
brownie

Tea/Coffee

**Caterer**  
**All Around Town**  
**Catering**

**Reservation  
Deadline  
Friday,  
February 22nd  
at 1:00PM  
(or until capacity)**

Make check payable to  
Hoover New Horizons  
Mail to: 400 Municipal  
Drive, Hoover, AL 35216

**Cost  
\$10.00**

  
**SENIOR CENTER**

**205-739-6700**  
**fax: 205-739-6705**

[www.hooveralabama.gov/451/seniors](http://www.hooveralabama.gov/451/seniors)

# THIS MONTH

## ...at the Senior Center

### MOVIE MATINEE

Friday, February 1  
12:00 NOON

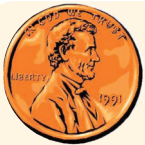
Sponsored by  
**Hoover New Horizons**

\*The movie is listed  
at the senior center  
*Registration required*



**Resident's Rights & Resources  
Financial Assistance Workshop**  
Wednesday, February 6 at 12:15PM

This educational workshop will help  
you to learn resident's rights and  
financial assistance in planning for  
future long term care.  
*Sponsored by UWAAA*



### Valentine's Day Penny Auction

Thursday, February 14  
at 12:15PM

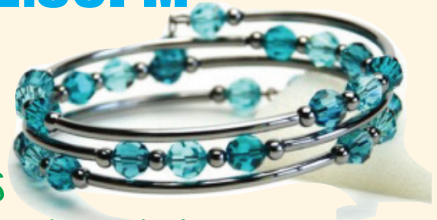
*Registration  
required*  
Sponsored by  
**Hoover New  
Horizons**



### Jewelry by Hand with Caprice Lawrence

Wednesday, February 13th  
at 12:30PM

Cost: \$8.00  
We will be making  
memory wire bracelets  
*\*Space is limited to 8; registration required*



**Heart Health Talk with Dr. Koppang  
of Brookwood Baptist Health & CVA**  
Tuesday, February 19 at 12:15 pm

**Topic: Heart Health**

*Registration required*

*Sponsored by Brookwood Baptist Health Systems*

*If registration is required sign-up at welcome desk or by calling 205-739-6700*

# FEBRUARY ACTIVITIES CALENDAR

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>Birthdays Bash sponsor:</b> <i>Affinity Hospice</i>  <b>Bingo sponsors:</b> <i>28th: The Bluffs at Greystone</i>				<i>1</i> <b>Art Class-8:15</b> <b>Advanced Exercise-8:30</b> <b>Beginning Exercise-9:40</b> <b>The Friday Game-10:00</b> <b>Beginning Exercise-10:30</b> <b>Open Bridge-11:30</b>  <i>Movie Matinee-12:00</i>
<i>4</i> <b>Advanced Exercise-8:30</b> <b>Bridge-9:30</b> <b>Beginning Exercise-9:40</b> <b>Knit Wits-10:00</b> <b>Beginning Exercise-10:30</b> <b>Canasta-12:00</b> <b>Chair Yoga-12:15</b> <b>Zumba Gold-1:30</b>	<i>5</i> <b>Continuing Yoga-8:30</b> <b>Classic Yoga-10:00</b> <b>Chess Group-10:00</b> <b>Poker-10:00</b> <b>Calligraphy Group-10:30</b> <b>Chess Class-12:00</b> <b>Ballroom Dancing-1:30</b> <b>Wood Carving-1:30</b> <b>Intermediate Exercise-3:00</b>	<i>6</i> <b>Pilates-8:15</b> <b>Beg. Line Dancing-9:10</b> <b>Impr. Line Dancing-9:10</b> <b>Adv. Line Dancing-10:15</b> <b>Beginning Exercise-10:10</b> <b>Beginning Exercise-11:00</b> <b>Canasta-12:00</b> <b>Tech Sessions-12:00</b> <i>Speaker-12:15</i> <b>Sew-N-Sews-12:30</b> <b>Zumba Gold-1:30</b> <b>Tai Chi-2:50</b>	<i>7</i> <b>Continuing Yoga-8:30</b> <b>Tech Sessions-9:30</b> <b>Poker-10:00</b> <b>Pokeno-10:00</b> <b>Writing Group-10:00</b> <b>TBS Exercise-10:30</b> <b>Canasta (Ponytail)-12:00</b> <i>Birthdays Bash-12:15</i> <b>Watercolor-1:00</b> <b>Crochet-1:30</b> <b>Impr. Line Dancing-1:30</b> <b>Intermediate Exercise-3:00</b>	<i>8</i> <b>Art Class-8:15</b> <b>Advanced Exercise-8:30</b> <b>Beginning Exercise-9:40</b> <b>Pokeno-10:00</b> <b>Beginning Exercise-10:30</b> <b>Open Bridge-11:30</b>
<i>11</i> <b>Advanced Exercise-8:30</b> <b>Bridge-9:30</b> <b>Beginning Exercise-9:40</b> <b>Knit Wits-10:00</b> <b>Beginning Exercise-10:30</b> <b>Canasta-12:00</b> <b>Chair Yoga-12:15</b> <b>BP Checks-12:15</b> <b>Zumba Gold-1:30</b>	<i>12</i> <b>Continuing Yoga-8:30</b> <b>Classic Yoga-10:00</b> <b>Chess Group-10:00</b> <b>Poker-10:00</b> <b>Board Mtg-10:00</b> <b>Trip &amp; Tour Mtg-11:15</b> <b>Chess Class-12:00</b> <b>Ballroom Dancing-1:30</b> <b>Wood Carving-1:30</b> <b>Intermediate Exercise-3:00</b>	<i>13</i> <b>Pilates-8:15</b> <b>Beg. Line Dancing-9:10</b> <b>Impr. Line Dancing-9:10</b> <b>Book Club-9:30</b> <b>Adv. Line Dancing-10:15</b> <b>Beginning Exercise-10:10</b> <b>Beginning Exercise-11:00</b> <b>Canasta-12:00</b> <b>Tech Sessions-12:00</b> <b>Jewelry workshop-12:30</b> <b>Zumba Gold-1:30</b> <b>Tai Chi-2:50</b>	<i>14</i> <b>Continuing Yoga-8:30</b> <b>Tech Sessions-9:30</b> <b>Poker-10:00</b> <b>Mexican Train-10:00</b> <b>TBS Exercise-10:30</b> <b>Lunch Bunch-11:00</b> <b>Canasta (Ponytail)-12:00</b> <i>Penny Auction-12:15</i> <b>Watercolor-1:00</b> <b>Crochet-1:30</b> <b>Impr. Line Dancing-1:30</b> <b>Intermediate Exercise-3:00</b>	<i>15</i> <b>Art Class-8:15</b> <b>Advanced Exercise-8:30</b> <b>Beginning Exercise-9:40</b> <b>The Friday Game-10:00</b> <b>Beginning Exercise-10:30</b> <b>Open Bridge-11:30</b>
<i>18</i> <b>Advanced Exercise-8:30</b> <b>Bridge-9:30</b> <b>Beginning Exercise-9:40</b> <b>Knit Wits-10:00</b> <b>Beginning Exercise-10:30</b> <b>Canasta-12:00</b> <b>Chair Yoga-12:15</b> <b>Zumba Gold-1:30</b>	<i>19</i> <b>Continuing Yoga-8:30</b> <b>Classic Yoga-10:00</b> <b>Chess Group-10:00</b> <b>Poker-10:00</b> <b>Calligraphy Group-10:30</b> <b>Chess Class-12:00</b> <b>Ballroom Dancing-1:30</b> <b>Wood Carving-1:30</b> <b>Intermediate Exercise-3:00</b>  <i>Lunch &amp; Learn-12:00</i>	<i>20</i> <b>Pilates-8:15</b> <b>Beg. Line Dancing-9:10</b> <b>Impr. Line Dancing-9:10</b> <b>Pokeno-10:00</b> <b>Adv. Line Dancing-10:15</b> <b>Beginning Exercise-10:10</b> <b>Beginning Exercise-11:00</b> <b>Canasta-12:00</b> <b>Tech Sessions-12:00</b> <b>Sew-N-Sews-12:30</b> <b>Zumba Gold-1:30</b> <b>Tai Chi-2:50</b>	<i>21</i> <b>Continuing Yoga-8:30</b> <b>Tech Sessions-9:30</b> <b>Poker-10:00</b> <b>Writing Group-10:00</b> <b>TBS Exercise-10:30</b> <b>Canasta (Ponytail)-12:00</b> <b>Watercolor-1:00</b> <b>Crochet-1:30</b> <b>Impr. Line Dancing-1:30</b> <b>Intermediate Exercise-3:00</b>	<i>22</i> <b>Art Class-8:15</b> <b>Advanced Exercise-8:30</b> <b>Beginning Exercise-9:40</b> <b>Pokeno-10:00</b> <b>Beginning Exercise-10:30</b> <b>Open Bridge-11:30</b>  <i>HNH Deadline-1:00</i>
<i>25</i> <b>Advanced Exercise-8:30</b> <b>Bridge-9:30</b> <b>Beginning Exercise-9:40</b> <b>Knit Wits-10:00</b> <b>Beginning Exercise-10:30</b> <b>Canasta-12:00</b> <b>Chair Yoga-12:15</b> <b>BP Checks-12:15</b> <b>Zumba Gold-1:30</b> <b>Luncheon set-up-2:30</b>	<i>26</i> <b>NO Yoga</b> <b>Chess Group-10:00</b> <b>Poker-10:00</b> <b>Chess Class-12:00</b> <b>Ballroom Dancing-1:30</b> <b>Wood Carving-1:30</b> <b>Intermediate Exercise-3:00</b>  <i>HNH Luncheon-11:00</i>	<i>27</i> <b>Pilates-8:15</b> <b>Beg. Line Dancing-9:10</b> <b>Impr. Line Dancing-9:10</b> <b>Adv. Line Dancing-10:15</b> <b>Beginning Exercise-10:10</b> <b>Beginning Exercise-11:00</b> <b>Canasta-12:00</b> <b>Tech Sessions-12:00</b> <b>Zumba Gold-1:30</b> <b>Tai Chi-2:50</b>	<i>28</i> <b>Continuing Yoga-8:30</b> <b>Tech Sessions-9:30</b> <b>Poker-10:00</b> <b>Mexican Train-10:00</b> <b>TBS Exercise-10:30</b> <b>Canasta (Ponytail)-12:00</b> <i>Bingo-12:15</i> <b>Watercolor-1:00</b> <b>Crochet-1:30</b> <b>Impr. Line Dancing-1:30</b>	<b>Daily Lunch</b> <b>Served at 11:30AM</b> <b>(11:45AM on Wed.)</b> Limited meals! Sign up begins at 8:00AM. First come, first served. <b>Donations accepted</b> <b>Pick up menu at Hoover Senior Center</b>



# ACTIVITIES & CLASSES

## Available daily:

Adult coloring, Billiards, Table Tennis, Rummikub, and Wii bowling

## Ballroom Dancing Group

Ballroom Dancing group meets in the Auditorium on Tuesdays from 1:30PM to 2:30PM and is led by volunteer Gigi Mapes. During this meeting seniors learn/practice a variety of dances such as the foxtrot and quickstep.

## Bingo

Bingo is held on the 2nd and 4th Thursday from 12:15PM to 1:00PM in the Gentle Room UNLESS otherwise specified in the Activities Calendar at the Senior Center. Bingo is a chance game where individuals using numbered cards, mark numbers when they are called in hopes of winning. Prizes are provided by community sponsors.

## Birthday Bash

This activity is held the first Thursday of each month at 12:15PM in the Gentle Room. Members are invited to come celebrate their birthdays with their peers. A community sponsor provides birthday treats and hosts bingo or a similar activity for the participants.

## Book Club

The Hoover Library's Pam Bainter hosts a monthly book club here at the Senior Center. This group meets the 2nd Wednesday of the month from 9:30AM to 11:00AM in the Lounge. Each month they choose a book highlighting different genres, cultures and other special interests. This month's book is going to be *1984* by George Orwell.

## Bridge

This group meets Mondays from 9:30AM to 2:30PM in the Creative Arts Room. Bridge is a strategizing game using a deck of 52 cards. Each group consists of 4 players in competing partnerships.

## Bridge-Open Group

Experienced, Intermediate and Beginners are all welcome. This group meets every Friday from 11:30AM until 3:00PM in the Creative Arts Room. Bridge is a strategizing game using a deck of 52 cards. Each group consists of 4 players in competing partnerships.

## Calligraphy Group

This group will meet the first and third Tuesday of each month from 10:30AM to 12:00PM in the Sunroom. Bring your supplies and let's pen together! Calligraphy group is led by Esther Plaza.

## Canasta (Ponytail)

Ponytail Canasta is a variation of the card game Canasta, which is a game played with multiple decks of cards. This game is played on Thursdays from 12:00PM until 3:30PM in the Sunroom.

## Canasta (Samba)

The samba version of Canasta is played with three decks of cards and a tray. The game is best played with 3 or 4 players. This is an uncomplicated card game so come join in every Monday and Wednesday from 12:00PM to 3:00PM in the Lounge.

## Chess Group/Class

Chess is universally proven as an excellent way to develop cognitive abilities. During each class participants are taught new moves and strategies by instructor Balagee Govindan. Play begins at 10:00AM on Tuesdays and the class is held from 12:00PM to 1:00PM in the Creative Arts Room.

## Crocheting

This class is Thursdays from 1:30PM to 3:30PM in the Gentle Room. Join Helen Tankersley as she guides you through the art of crocheting. Please provide your own materials for this class. Students will need to bring a crochet hook size (G, H, J) and some light colored yarn.

## Drawing and Creative Arts

Art is for everyone! Join this group that creates a variety of drawings using multiple techniques. This group meets on Fridays from 8:15AM to 10:30AM in the Creative Arts Room.

## Exercise (Advanced)

This class is led by Kathy Kaimanesh and is offered on Mondays and Fridays from 8:30AM to 9:30AM in the Auditorium. This class offers variations of low/high impact aerobics, body sculpting with free weights/exercise bands and floor exercises. **Participants are required to bring a mat and wear tennis/non-slick shoes.**

**(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)**

**\*If you are a new participant you must meet with the instructor prior to the class beginning to go through an orientation.**

## Exercise (Beginning)

This class, led by Sally Doak, features stretching exercises, low impact aerobics and chair exercises while using exercise bands or weights. Participants are encouraged to wear tennis/non-slick shoes. This class is split into two identical sessions to accommodate high demand. Members may only participate in one session per day. This class is held on Mondays, Wednesdays and Fridays. Class times are listed on the monthly calendar.

**(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)**

## Exercise (Intermediate)

This class is led by Beth Fort and is offered Tuesdays and Thursdays from 3:00PM-3:45PM in the Auditorium. This class is a combination of cardio and strength training utilizing exercise bands and weights. **Participants are required to wear tennis/non-slick shoes.**

**(OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)**

## Friday Game

Come play this fun take on the classic card game Gin Rummy! The Friday Game, led by volunteer Jan Christman, is played the 1st and 3rd Friday of the month from 10 AM to 12 PM in the Lounge.

## Knit Wits

Knitting classes are held on Mondays from 10:00AM to 12:00PM in the Sunroom. Members can hone their skills and learn new ones. Francine Pearson is the instructor.

## Line Dancing (Advanced)

For all those avid line dancers out there, this might just be for you. Join this small group of dancers as they perfect familiar dances and try out new advanced moves! This group, led by Barbara Traywick and Beverly Strong, meets Wednesdays from 10:15AM to 11:15AM in the Creative Arts Room. A \$4.00 donation is requested.



### Line Dancing (Beginning)

If you have never danced before, please take advantage of the chance to learn basic steps on Wednesdays from 9:10AM to 10:00AM in the Auditorium. This class will be taught by Margie Maughan. A \$4.00 donation is requested.

### Line Dancing (Improver)

This class is led by Barbara Traywick (Wednesdays) and Margie Maughan (Thursdays). In addition to learning the dances, everyone is getting a great workout. Join in the fun on Wednesdays from 9:10AM to 10:00AM and Thursdays from 1:30PM until 2:30PM in the Auditorium. A \$4.00 donation is requested.

### Lunch Bunch

Lunch Bunch is a fun way to socialize with others by dining out once a month at various restaurants in the area. This month they will be dining on **Thursday, February 14th at Formosa**. Please arrive at the Center at 10:45AM. We will depart at 11:00AM. The cost is \$2.00 upon departure from the Senior Center. Sign up at the Welcome Desk of the Hoover Senior Center **beginning Tuesday, January 22nd**. Lunch Bunch is led by John Malkowski.

### Mexican Train

Mexican Train is a version of dominoes and can be played with multiple players. This game is played on the 2nd and 4th Thursdays from 10:00AM-12:00PM in the Creative Arts room.

### Pilates

This class is led by Kathy Kaimanesh and is offered Wednesdays from 8:15AM to 9:00AM in the Auditorium. Pilates is a body conditioning routine that may help build flexibility, muscle strength, and endurance in the legs, abdominals, arms, hips, and back. An exercise mat and a Pilates ring are required. (OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)

### Pokeno

Move over Bridge—a new home party game has taken center stage. A combination of cards and Bingo, Pokeno is perfect for young and old. Pokeno, led by volunteer Betty Wallace, is played the 1st Thursday and 3rd Wednesday of the month from 10:00 AM to 12:30 PM in the Hayes Room as well as the 2nd and 4th Friday of the month in the Lounge.

### Poker

Poker is a family of card games that combine gambling, strategy, and skill. This game is played on Tuesdays and Thursdays from 10:00AM to 3:00PM in the Lounge.

### Sew-N-Sews

This group will meet the 1st and 3rd Wednesday of each month from 12:30PM-3:00PM in the Creative Arts, with an emphasis on quilting. Bring your supplies and let's create together! The Sew-N-Sews are led by Marilyn Milstead.

### Songbirds

This choral group made up of Hoover Senior Center members is led by Fred Ernst. They perform familiar songs at many surrounding nursing homes and assisted living facilities.

### Tai Chi

Tai Chi is a mind body exercise that is easy on the joints and produces a plethora of health benefits. This class is led by instructor Kathy Hagood on Wednesdays from 2:50PM to 3:50PM in the Auditorium.

### Technology Sessions

Volunteers Ed Auslander and Helen Tankersley are available by appointment to answer your tech questions regarding computers or other tech devices (smart phone/iPad/tablets). Ed meets on Wednesdays from 12:00PM-2:00PM in the computer lab and Helen meets on Thursdays from 9:30AM-11:30AM in the computer lab. Please make sure your device is charged and bring any necessary passwords. Call 739-6700 to make an appointment.

### Toning Balance and Strength (T.B.S) Exercise

This intermediate class for various levels of ability will be led by Kathy Kaimanesh Thursdays from 10:30AM to 11:15AM in the Auditorium. (OUT OF REGARD FOR STUDENTS & INSTRUCTOR AND AS A SAFETY PRECAUTION, NO ADMITTANCE ONCE CLASS HAS STARTED AND/OR CAPACITY IS REACHED.)

### Watercolor Group

This club meets on Thursdays from 1:00PM to 3:00PM in the Creative Arts Room as a group only. (No instruction is included)

### Woodcarving

Join Richard Strahan as he shares different methods and techniques to wood carving. This class will be held on Tuesdays from 1:30 to 3:30 in the Creative Arts Room. Required materials for this activity are a carving knife, protective glove and wood. For information on places to find supplies you may contact Richard at 383-5366 or the welcome desk at 739-6700.

### Writing Our Stories

Join facilitator, Dot Coltrane, as she guides you through writing down your stories for your children and grandchildren. This group meets the 1st and 3rd Thursdays from 10:00AM-11:30PM in the Creative Arts Room.

### Yoga (Chair)

This class led by Carol Byrd, is held on Mondays from 12:15PM to 1:15PM in the Auditorium. Chair Yoga has many benefits such as increasing flexibility, strength and energy as well as improving memory and coordination. A yoga mat is required. \*New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.

### Yoga (Classic)

This class is held on Tuesdays from 10:00AM to 11:15AM in the Auditorium (except the 4th Tuesdays.) Join instructor Carol Byrd as she introduces you to Sivananda yoga which focuses on breathing, stretching and coordination exercises. A yoga mat is required. \*New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.

### Yoga (Continuing)

This form of Yoga is a continuation of Classic Yoga. Continuing Yoga focuses on more intense breathing, stretching and coordination exercises. The class is held on Tuesdays (except the 4th Tuesday) and Thursdays from 8:30AM to 9:45AM in the Auditorium unless otherwise specified in calendar. You will be barefoot during this class, and a yoga mat is required. \*New participants must meet with the instructor prior to class to determine capability. Members may participate at the instructor's discretion.

### Zumba Gold

This dance fitness class, led by instructor Sandra Thompson, meets Mondays and Wednesdays from 1:30PM-2:30PM. (The 4th Monday class is shortened to 45 minutes.) Zumba Gold is a less intense version of original Zumba.



# TRIPS & TOURS/ANNOUNCEMENTS

## Trips and Tours Reservation Policy

For details on trips and cancellations, please refer to flyers in the Lobby at the Senior Center. To make a reservation, fill out a Reservations Envelope (available on the table below the Information Rack). Enclose cash or your check, payable to Hoover New Horizons, in the envelope and place in the Trips and Tours Reservation Box. Reservations are not transferrable without approval of the trip host. Vacant spots created by cancellations will be filled from those on the waiting list. Refunds will not be made for cancellation of reservations for trips that cost \$10 or less. Trips leave from Hoover Safety Center.

### ALABAMA SYMPHONY COFFEE CONCERTS

Depart Hoover Safety Center on Valleydale at 9:45 am for Alys Stephens Center. Coffee and muffins are served before the concert. Afterwards we go to lunch (on your own) and return to the Safety Center around 2:00-2:30 pm. Cost for each concert is \$15.  
Host: Suzanne Challiss - 205-822-5210.



#### Romeo & Juliet

FRIDAY, FEBRUARY 15

In the spirit of Valentine's Day, indulge in the age-old romance of Romeo & Juliet, as told by Prokofiev.

Reserve by February 8.  
Lunch at The Fish Market.



#### Beethoven's Symphony No. 3

FRIDAY, MARCH 1

Enjoy Beethoven's heroic Revolutionary Symphony.  
RESERVE BY FEB. 22.  
Lunch at Niki's West.

### YESTERDAYS EVENT CENTER

Thursday, February 14

#### SPECIAL VALENTINE SHOW WITH THE SILVERY MOON BIG BAND!

\$25 per person

Bus will depart at 8:30AM  
and return about 3:00PM.

RESERVE BY FEBRUARY 5

Trip host: Alice Loudermilk  
540-292-9575



### New & Old South Tour

OF EUFAULA-AMERICUS GEORGIA

APRIL 11 & 12

Tour of Fendall Hall & lunch included at Shorter Mansion. Visit Andersonville & National POW Museum, and Jimmy Carter's Boyhood Home. Overnight accommodations and breakfast included at the historic Windsor Hotel, est. 1892.

**\$218 PP DOUBLE \$275 SINGLE**

Host: Bob Sholund -835-2248

RESERVE BY MARCH 7





## MISSION STATEMENT

Hoover Senior Center exists as a partnership to serve and empower senior adults by providing opportunities that promote quality of life through social engagement, physical well-being, community involvement, creativity, and life-long learning.

## VISION STATEMENT

The Hoover Senior Center will be recognized as a model for excellence in providing opportunities, programs, and services for older adults. Through a dedicated team, we commit to enriching the lives of seniors as we serve and empower them in a positive and safe environment.

# OUR CORE VALUES: RESPECT, INTEGRITY, SAFETY, SERVICE, SYNERGY, EMPATHY, EXCELLENCE

## 2019 HOOVER NEW HORIZONS ADVISORY BOARD

Ray Dugas, President

Helen Tankersley, Vice-President

Alice Loudermilk, Treasurer

Tom Brown, Secretary

Suzanne Challiss

Mae Lynn Hardy

Venda Hooks

Harriett McQueen

Gene Powell

Tillie Powers

Ginger Prisoc-Schweitzer

Bob Wiltsey

## IMPORTANT WEATHER STATEMENT

**Please be advised that when inclement weather is forecasted it is common practice that programming or activities may be cancelled or rescheduled.**

**These alerts are sent out via our notification system. Please check with the front desk to ensure you are signed up for these alerts.**

## HOOVER EXPRESS:

**PURPOSE:** TO PROVIDE TRANSPORTATION TO DOCTOR APPOINTMENTS, SHOPPING AND ERRANDS FOR THE CITIZENS OF HOOVER 55 YEARS OF AGE AND OVER THAT ARE UNABLE TO PROVIDE TRANSPORTATION OF THEIR OWN.

Please note: seniors that live in a community that provides transportation are ineligible for this service. You must be a member of the Hoover New Horizons to use this service. Hoover New Horizons membership fee: \$10.00 annually (must be a Hoover resident).

**TUESDAYS AND THURSDAYS:** Doctors' offices and hospitals

**MONDAYS AND WEDNESDAYS:** Errands in Hoover only (Examples: beauty shops, Galleria, grocery stores, etc.)

**EXPRESS RIDERS:** If you would like a ride, please call our Express Line at 739-7351 to make an appointment. Please leave the day and time of the appointment along with your name, address, and phone number on the voicemail. Please specify in your voicemail message if you have any equipment you will be bringing, such as a walker. If you are calling for a doctor's appointment please leave the number of the doctor's office as well.

### **THE HOOVER EXPRESS DOES NOT OPERATE ON HOLIDAYS.**

Call Fridays from 8:00AM-10:00AM for Monday appointments. Call Mondays from 8:00AM-10:00AM for Tuesday through Thursday appointments. Space is limited, so call as early as possible.

**TO INQUIRE ABOUT THIS SERVICE  
CALL KIMBERLY AT 739-6700!**



**Hoover Senior Center**  
400 Municipal Drive  
Hoover, AL 35216

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